



ZZZZZZ

Bodies



Foster's Freeze On the Way Back!

Care at Kokoro



Activities

Transitioning phases of the moon represents our lives. Transitions from our ancestors to our lives. Appreciation for the now through the phases of the moon.



中秋の名月
Chushu no Meigetsu



2017年の十五夜（中秋の月）は10月4日（水）でした。月の満ち欠けがこの世での命の誕生から死にいたるまでの過程と再生の繰り返しを象徴する、つまりご先祖から今に受け継がれている自身の命を感じ、月を通して先祖に感謝する行事でもあります。

Keiko's Spooky Kooky Corner



Fantastic Birthdays!





11月

NOVEMBER 2017



SUN

MON

TUE

WED

THU

FRI

SAT



**Thanksgiving isn't just a day...
It's a way in which we can live our lives**
every day.
Give thanks with a Grateful Heart and a
Thankful Spirit.
What are you thankful for ?





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| <p>1
10:00 Coloring - TEA
11:00 Dynamic Balance & Active Stability with Dick - TMP
1:30 Sing-along w/Peko-chan -TMP
3:00 Holiday Craft - TEA
5:30 Movie/TV Show - TV</p> | <p>2
10:00 Brain Games - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Activity Meeting - TEA
3:00 Black Jack - TEA
5:30 Movie/TV Show - TV</p> | <p>3
9:30 Amy's Craft Time - TEA
11:00 Strength Train w/Dick-TMP
1:30 Massage w/Aida - ACT
3:00 Brain Games - TEA
5:30 Movie/TV Show - TV</p> | <p>4
10:00 SPCA Visit - LOB
11:00 Exercise w/Res Asst.-TMP
12:00 TV Japan: Songs of Japanese Spirit - TV
2:00 DVD Request - TV
3:00 Balloon Fun- LOB
5:30 Movie/TV Show - TV</p> |
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| <p>5
10:00 TV Japan: Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
2:00 DVD Request - TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV</p> | <p>6
9:30 Calligraphy w/Emiko - TEA
11:00 Senior Fitness - TMP
1:00 Food Meeting w/Roddy - ACT
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV</p> | <p>7
9:45 Tai Chi w/Gail- ACT
11:00 Rajio Taiso/Exercise - TMP
2:00 Bingo Bonanza - TEA
3:00 Black Jack w/Claire - TEA
5:30 Movie/TV Show - TV</p> | <p>8
10:00 Resident Council Mtg- TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan -TMP
3:00 Card Games - TEA
5:30 Movie/TV Show - TV</p> | <p>9
10:00 Buddhist Service w/ Jerry- ACT
11:00 Stretch Bands w/Dick - TMP
2:00 Johnny's Cooking Creations - TEA
3:30 Chat with Kirk - TEA
5:30 Movie/TV Show - TV</p> | <p>10
10:00 Veterans Day Craft- TEA
11:00 Strength Train w/Dick-TMP
2:00 Manicure w/Emiko - TEA
3:00 Shall We Dance w/Jack - TMP
5:30 Movie/TV Show - TV</p> | <p>11
(Veterans Day)
10:00 TV Japan: Talk Show- TV
11:00 Exercise w/Res Asst.-TMP
2:00 DVD Request - TV
3:00 Balloon Fun- LOB
5:30 Movie/TV Show - TV</p> |
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| <p>12
10:00 TV Japan: Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
1:30 Grand Sumo Tournament - TV
2:00 DVD Request - TV
3:00 Balloon Fun - Lobby
5:30 Movie/TV Show - TV</p> | <p>13
10:00 Songs of School Days - TEA
11:15 Arm-Chair Aerobics w/Kaeko - TMP
2:00 Dowa & Doyo w/ Noriko- TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV</p> | <p>14
9:45 Tai Chi w/Gail- ACT
11:00 Rajio Taiso/Exercise - TMP
2:00 Bingo Bonanza - TEA
3:00 Calligraphy & Laughter w/Rev. Kawahatsu - TEA
5:30 Movie /TV Show - TV</p> | <p>15
10:30 Monthly Bus Trip Outing
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan -TMP
3:00 Animal of the Month.-TEA
5:30 Movie/TV Show - TV</p> | <p>16
10:00 Black Jack - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Cabaret Hour w/Tom - TMP
3:00 "7-5-3" Talk - TMP
5:30 Movie/TV Show - TV</p> | <p>17
10:00 Tea Ceremony w/Sunny- ACT
11:00 Strength Train w/Dick-TMP
1:30 Massage w/Aida - ACT
3:00 Jean's Story-Telling - TMP
5:30 Movie/TV Show - TV</p> | <p>18
10:00 TV Japan: Talk Show- TV
11:00 Exercise w/Res Asst.-TMP
12:00 Songs of Japanese Spirit - TV
1:30 Sumo Tournament - TV
2:00 DVD Request - TV
3:00 Balloon Fun- LOB
5:30 Movie/TV Show</p> |
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| <p>19
10:00 SPCA Visit - LOB
11:00 Exercise w/Resident Asst-TMP
1:30 Grand Sumo Tournament - TV
2:00 Stay-Tuned w/Jimmy - LOB
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV</p> | <p>20
9:30 Calligraphy w/Emiko - TEA
11:00 Senior Fitness - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV
7:00 SF Choral Artist Performance</p> | <p>21
9:45 Tai Chi w/Gail- ACT
11:00 Rajio Taiso/Exercise - TMP
1:00 JARF Thanksgiving Day Service - TMP
3:00 Karaoke - TMP
5:30 Movie /TV Show - TV</p> | <p>22
10:00 Coloring- TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan -TMP
3:00 Chikako's Charmings - TEA
5:30 Movie/TV Show - TV</p> | <p>23
(Thanksgiving Day)
10:00 Macy's Thanksgiving Day Parade- TV
11:00 Exercise w/Res Asst. - TMP
2:00 DVD Request - TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV</p> | <p>24
10:00 Bingo Bonanza - TEA
11:00 Strength Train w/Dick-TMP
1:00 Manicure w/Emiko - TEA
2:00 Resident Care Meeting w/ Naoko - TEA
3:00 Travelogue w/Jack - TMP
5:30 Movie/TV Show - TV</p> | <p>25
10:00 TV Japan: Talk Show- TV
11:00 Exercise w/Res Asst.-TMP
12:00 TV Japan: Songs of JP Spirit - TV
1:30 Minyo & Shamisen - TMP
3:00 Balloon Fun- LOB
5:30 Movie/TV Show - TV</p> |
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| <p>26
10:00 TV Japan: Nodojiman - TV
11:00 Exercise w/Resident Asst-TMP
1:30 Grand Sumo Tournament - TV
2:00 DVD Request - TV
3:00 Balloon Fun - LOB
5:30 Movie/TV Show - TV</p> | <p>27
9:30 Calligraphy w/Emiko - TEA
11:15 Arm-Chair Aerobics w/Kaeko - TMP
2:00 Dowa & Doyo w/Noriko - TMP
3:00 Sketch w/Sara - TEA
5:30 Movie/TV Show - TV</p> | <p>28
9:45 Tai Chi w/Gail- ACT
11:00 Rajio Taiso/Exercise - TMP
2:00 Bingo Bonanza - TEA
3:00 Garden Club - CYD
5:30 Movie /TV Show - TV</p> | <p>29
10:00 Coloring- TEA
11:00 Dynamic Balance & Active Stability w/Dick - TMP
1:30 Sing-along w/Peko-chan -TMP
3:00 Black Jack w/Claire - TEA
5:30 Movie/TV Show - TV</p> | <p>30
10:00 Black Jack - TEA
11:00 Stretch Bands w/Dick - TMP
2:00 Brain Games - TEA
3:00 Calendar Making - TEA
5:30 Movie/TV Show - TV</p> |  |  |
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Daily Escorted Walks

9:00AM
&
1:30PM



Catholic Communion
w/Sister Elaine
of St. Mary's Cathedral
Thurs at 1:30pm - TMP
All are welcome!



Location Key:

TEA - Tea Area (4th Fl.)
ACT - Activity Area (4th Fl.)
CYD - Courtyard
TMP - Temple/Dining
LOB - Lobby

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